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NYC'S #1 FREE DAILY NEWSPAPER

PARENTING: TEENAGE TASTE-LAND {page 16}

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NEW YORK
Tuesday, January 8, 2013

PRASHANT GUPTA/FX

Television. 'Justified' preview

▶ Timothy Olyphant, star of the FX drama, says his U.S. Marshal Raylan Givens is still toeing the line between breaking the law and enforcing it in Season 4. {page 13}

Bloomberg: UFT works the same as the NRA

- 'Just like any other special interest group, the leadership of this one is more extreme and more obstructionist than its members,' he says
- Critics outspoken about untimely statement in the midst of gun control unrest {page 02}

travel

When it comes to golf, Myrtle Beach is Mystical

- Three South Carolina courses have redefined the possibilities of 18 holes {page 19}

books

BIKRAM YOGA: IS IT A CRAZE OR CULT? {page 14}

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UFT works like the NRA

Mayor incites Teacher's Union by comparing them to the National Rifle Association, one month after Newtown Massacre Christine Quinn, Bill De Blasio denounce comparison

Negotiations over a new teacher evaluation system turned ugly last week when Mayor Michael Bloomberg, an outspoken gun control advocate, compared the United Federation of Teachers, the city's teachers union, to the National Rifle Association.

"Teachers want to work with the best, and most of them are not in sympathy with the union," Bloomberg declared. "The NRA's another place where the membership doesn't agree with the leadership."

Some city politicians have spoken out against the mayor, calling the statement inappropriate after the mass shooting at an elementary school in Newtown, Conn.

"Less than a month ago, teachers laid down their lives to protect their kids," Public Advocate Bill de Blasio said in a statement. "That's what drives the men and women in our schools — not some ideological agenda."

More than 60 elected officials signed a letter condemning the mayor for an analogy they say "not only vilifies New York City teachers, but also mocks the work they do every day to educate, uplift and protect our children," and requesting "an immediate and unconditional apology [to] the teachers of New York City and their union."

The mayor reiterated yesterday that his statement was not an attack on teachers, but on the union leadership.

"The members of this union have done a spectacular job in the last ten years," Bloomberg said. "An evaluation system would show just how well most of these teachers do."

Bloomberg accused the union of doing "anything to avoid having to face the issue of coming up with a real evaluation system."

Quoted: Bloomberg

"Teachers want to work with the best, and most of them are not in sympathy with the union. [The union will do] anything to avoid having to face the issue of coming up with a real evaluation system."

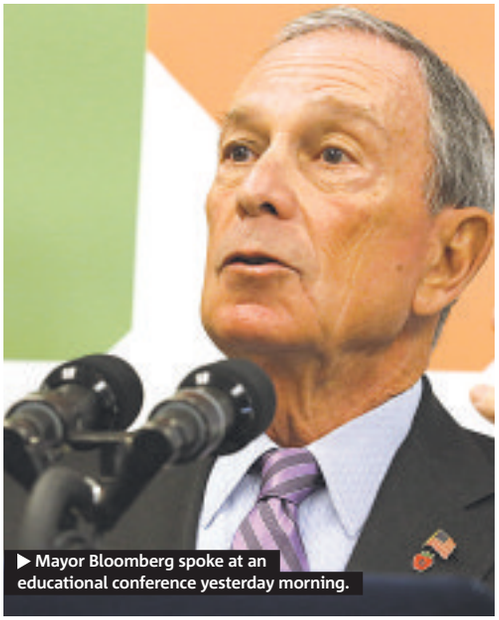
NEW YORK CITY MAYOR MICHAEL BLOOMBERG

Quoted: Quinn

"This ill-conceived comparison has no place in the important, substantive and complex debate on teacher evaluations."

CITY COUNCIL SPEAKER CHRISTINE QUINN

Danielle Tcholakian
danielle.tcholakian@metro.us



▶ Mayor Bloomberg spoke at an educational conference yesterday morning.

What's at stake?

$450M

The mayor's office said that in order to qualify for $250 million in state aid and a potential $200 million in grants, an evaluation plan must be submitted to the state Department of Education by Jan. 17. The state DOE has reportedly said they won't accept last-minute proposals, so up to $450 million in school funding could be lost if the city and the UFT can't come to an agreement before the eleventh hour.

In the news

Cops seek four after murder

Police are looking for four people they want to speak with after the murder of a man Friday. According to police, around 9 p.m. on Friday around Rivington Street and Columbia Street, police responded to a 911 call reporting a man shot. When they arrived, they found Raphael Ward, 16, shot in the chest. He was pronounced dead at the hospital. Now, cops want to talk to four people they describe as persons of interest about the homicide. Anyone with info should call 800-577-TIPS. METRO/AB

In the news

Five injured in PATH escalator malfunction

Five people were hurt yesterday when a PATH station escalator started going backwards.

Port Authority spokesman Ron Marsico told Metro three people were taken to the hospital, but none of them had life-threatening injuries.

Video shows the escalator starting to go down as people were traveling out of the station.

METRO/AB

State report suggests how to prepare for next Sandy

A commission created by Gov. Andrew Cuomo released suggestions yesterday about how New York should prepare for future storms like Hurricane Sandy.

The governor appointed the Moreland Commission in November to evaluate how the state could be better equipped for another superstorm.

Introducing the report, Cuomo said New York State needs to be more ready for the next floodwaters.

"In the past, so much of the discussion on disaster preparedness was hypothetical," he said, adding, "We don't have to assume. We had a hurricane. … We saw what happened."

Cuomo said he wanted a briefing before the State of the State address, which he will deliver Wednesday.

The Commission presented a report to the governor that primarily focused on utilities, which Cuomo said were one of the main problems following the storm.

GETTY IMAGES

▶ Workers cut new natural gas lines in Staten Island after many of them were destroyed.

During Sandy, 2.1 million people lost service — compared to Hurricane Irene, when 1.1 million lost service.

About 90 percent of Long Islanders were left without power; in the Rockaways, some people only got power back last month.

The Commission recommended streamlining the utility companies' ownership for a quicker and more efficient response.

According to The New York Times, other suggestions from other panels convened will include turning the shoreline into oyster beds as well as storm gates that would cost billions of dollars.

ALISON BOWEN

In the news

City in the midst of major flu attack

A Center for Disease Control report at the end of December included New York City and New York state among 29 states exhibiting high levels of the flu this flu season. Lab-confirmed reports from 56 of NY's 62 counties showed a 9 percent increase over the week prior. The last two years had far fewer reports. There are already nearly three times as many flu cases this season than there were for the 2011-2012 season. METRO/DT

9%
Increase in incidences of flu since last week

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Suspect in subway bomb plot appears in NY court

A Pakistani man accused of taking part in an al Qaeda plot to attack targets in the United States and Europe made his first U.S. court appearance Monday afternoon in New York where he is facing terrorism charges.

Abid Naseer, 26, was extradited on Thursday from Britain to court in Brooklyn. He is facing up to life in prison on charges that include providing material support to al Qaeda and conspiring to use a weapon of mass destruction in connection with an alleged bomb plot in England.

▶ Nasser

The charges against Naseer are connected to an alleged al Qaeda plot in 2009 to bomb the subway system in New York City, U.S. prosecutors said. Two men, Najibullah Zazi and Zarein Ahmedzay, have pleaded guilty to planning the attacks, and a third man, Adis Medunjanin, was sentenced to life in prison for taking part in the plot. **REUTERS**

Life. On the fast train

▶ Councilman Vincent Gentile believes trains should slow as they near stations.

CHRIS HONDROS/GETTY IMAGES

Councilman to trains: Slow down

UNDERGROUND. Councilman Vincent Gentile has what he says is a simple idea to save lives underground – slow down. After three incidents where people were pushed in front of trains, the councilman said yesterday that train conductors should drive more slowly. He told NYC Transit President Thomas Prendergast in an e-mail that the solution is more cost-effective and sensible than installing barriers in front of subway tracks. "If new rules were implemented requiring trains to enter stations at a slower speed, then it would give the train a better chance to stop in time if someone is on the tracks or give that person a better chance to get off the tracks, into an alcove or run to the opposite end of the track into the mouth of tunnel away from the train," Gentile said. In 2011, 147 people were hit by a subway train, including 50 who died, he said. METRO/AB

In the news

City funds med school

Twenty New York City medical students were awarded a total of $2.3 million in scholarships to St. George's University School of Medicine as part of the CityDoctors scholarship program. The program, in which students promise to work in practice primary care medicine at a public hospital in exchange for financial aid, is in its first year. Some of the recipients received as much as $200,000, based on academic excellence and financial need.

METRO/DT

20
NYC med students were awarded $2.3 million in scholarships

Family of slain children speaks through Web

The parents of two children murdered in October are on a cross-country voyage, finding memories of their children along their way back to New York.

Kevin and Marina Krim are parents to Lucia, known as Lulu, and Leo Krim, who were found dead in their Upper West Side apartment by their mother last year. Their nanny, Yoselyn Ortega, has been charged in the case and pleaded not guilty.

In memory of their children, Kevin and Marina Krim created the Lulu and Leo Fund, which aims to support youth programs for arts and sciences.

FACEBOOK

▶ Leo and Lulu Krim

"We want to honor our children through carrying on their love of arts and sciences education," the Krims wrote on the page. Lulu particularly loved "Art Afternoons" at the Metropolitan Museum of Art, they said.

On a Facebook page for the fund, they tracked their trip back from California as they return home to New York.

The family was traveling from Los Angeles, posting Jan. 2 that they hoped 2013 "will be a year of healing, growth and peace."

Marina wrote Saturday that they were in "charming" Santa Fe, strolling through art galleries and finding pieces Lulu and Leo "would have loved."

During an earlier visit to Los Angeles, the family found a mural by Leo Politi, which was Lulu's favorite children's author and illustrator, they added.

Another post wished their surviving daughter Nessie a happy birthday.

"She saves us every day," Kevin Krim wrote.

Alison Bowen
alison.bowen@metro.us

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eeo/aa

In the news

NJ man in 'cannibal cop' case denied bail by judge

NEW JERSEY. A federal judge denied bail on Monday to a New Jersey man arrested last week on suspicion of conspiring with the so-called "cannibal cop" to kidnap and rape a woman.

The prosecutor and defense attorney clashed repeatedly in a hearing over their interpretations of the intent of the suspect, mechanic Michael Van Hise, 22.

Prosecutors contend that Van Hise discussed a kidnap-for-rape scheme with New York City police officer Gilberto Valle III, who was charged in October with plotting to kidnap, torture and eat women. **REUTERS**

2 Van Hise is the second man to be arrested in the case.

Adopt. A pet

▶ Briana, a 6-year-old German shepherd, is up for adoption at the ASPCA.

ASPCA

Adopt a pet with Metro and the ASPCA

Briana is a 6-year-old German shepherd mix who came to the ASPCA emaciated, wounded and infested with fleas. She's since recovered beautifully and is ready to go home. This lovely gal enjoys making new friends and getting lots of love and affection. She had a tough life before being rescued by Humane Law Enforcement, but she doesn't let it get her down. She likes to play with fun toys when the time is right but is also content to settle in and snuggle for a while. She would be best in a home with kids older than 10. Briana is spayed and up-to-date on all vaccinations. To adopt Briana, stop by the ASPCA Adoption Center at 424 E. 92nd Street, visit Adoptaspca.org or call 212-876-7700, ext. 4120. METRO

Serial killer sentenced in '70s murders

GETTY IMAGES

▶ Cornelia Crilley was one of the women murdered by Rodney Alcala.

Convicted California serial killer Rodney Alcala, known as the "Dating Game" killer thanks to his appearance on the television game show more than 30 years ago, was sentenced to at least 25 years in prison yesterday for murdering two New York women in the 1970s.

Alcala, 69, already on death row in California for killing four women and a 12-year-old girl in that state, was extradited to New York in June to face charges in the slayings of flight attendant Cornelia Crilley, 23, and Ellen Hover, 23, the daughter of a nightclub owner.

The cold case unit of the Manhattan district attorney's office brought charges against Alcala last year after conducting more than 100 new interviews with witnesses.

A Manhattan judge sentenced him to 25 years to life in prison on Monday.

Crilley was found strangled in her Manhattan apartment in 1971. Hover's body was found in Westchester County, north of New York City, in 1977. **REUTERS**

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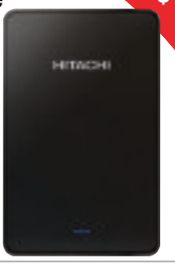

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BoA, Fannie Mae reach $11.6B settlement

METRO FILE PHOTO

▶ The agreement covers 44 percent of Bank of America's total pending claims for the third quarter.

Bank of America Corp. on Monday entered an $11.6 billion settlement to end Fannie Mae's claims that the bank improperly sold it mortgages that later soured, and to resolve problems with foreclosures, the companies said.

The agreement largely covers the $11.2 billion of claims that government-owned finance company Fannie Mae had against the bank, which represented about 44 percent of the bank's total pending claims at the end of the third quarter.

Bank of America, which bought Countrywide in 2008, still needs court approval for an $8.5 billion settlement with private investors and is locked in litigation with insurer MBIA Inc. over mortgage-related claims.

The settlements, other charges and a series of asset sales the bank also announced Monday will result in Bank of America posting only a small profit for 2012's fourth quarter. REUTERS

Why settle?

▶ The settlement is a major step for Bank of America toward resolving claims from investors who want the bank to buy back loans that its Countrywide Financial subsidiary sold to them during the housing boom, many of which later went bad.

Mortgage lenders pay up

A group of 10 mortgage servicers agreed on Monday to pay a total of $8.5 billion to end a U.S. government-mandated case-by-case review of housing crisis foreclosures in an acknowledgement the program had proven too cumbersome and expensive. REUTERS

3.8M

▶ Roughly 3.8 million borrowers who were foreclosed on within the time frame of the review will receive cash compensation ranging from hundreds of dollars up to $125,000, depending on the type of errors they experienced, the U.S. Office of the Comptroller of the Currency said.

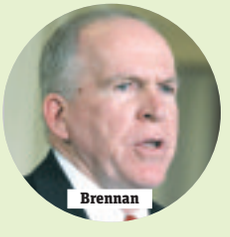
▶ The reviews followed the "robo-signing" scandal that emerged in 2010 involving allegations banks pursued faulty foreclosures by using defective or fraudulent documents.

3.3B

▶ Bank of America Corp., Citigroup Inc., JPMorgan Case & Co., Wells Fargo & Co., MetLife Bank and five others will pay $3.3 billion directly to eligible borrowers and $5.2 billion in loan modifications and forgiveness, regulators said.

In the news

Obama formally nominates Hagel, Brennan



President Barack Obama on Monday nominated former Republican Senator Chuck Hagel as his next defense secretary and counterterrorism adviser John Brennan to head the CIA, potentially setting up a Senate confirmation battle on two fronts and establishing a tough tone to start his second term. Mindful of the concerns about both Hagel and Brennan on Capitol Hill, Obama spoke at length about each in a White House ceremony, then gave the microphone to outgoing Defense Secretary Leon Panetta and acting CIA Director Mike Morell to provide testimonials. REUTERS

Quoted: Obama on quick nominations

"When it comes to national security, we don't like to leave a lot of gaps between the time that one set of leaders transitions out and another transitions in." OBAMA

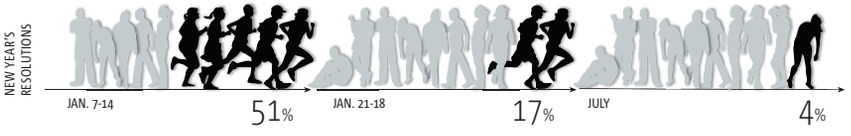
NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM

New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.

RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!

Psychologists from University of Scranton found that success at New Year's resolutions drops over time ...

... but people who want self-change but made no resolutions fared about 10 times worse.



HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS

John Norcross, psychologist and author of new book "Changeology: 5 Steps to Realizing Your Goals and Resolutions," shares some insight.

START BEFORE YOU REALLY START

It's better to ease your way into a resolution, so start practicing before your official start date.

MAKE A PUBLIC COMMITMENT, AND BEWARE OF YOUR WILLPOWER

Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.

CREATE THE RIGHT ENVIRONMENT

Make small adjustments in your living environment — for example, remove temptations from your house or put Post-it signs as helpful reminders.

THINK HAPPY THOUGHTS

If you feel guilty about a bad habit, you won't change; guilt will turn into self-blame, and then become more wishing than action.

REWARD YOURSELF

If you're trying a diet, reward yourself with a treat after a milestone date.

SOURCE: UNIVERSITY OF SCRANTON; JOHN NORCROSS; STICKK.COM; TEXT: ANTHONY JOHNSTON, GRAPHIC: MIA KORAB; MWN

APP-Y NEW YEAR! TOP 5 DESKTOP AND SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS

MONINAVELARDE.COM /NEWYEARS
This website automatically generates resolution ideas if you are out of inspiration.

STARTARESOLUTION.COM
Call it 'resolution networking.' Enter your resolution in the site and the person who joined ahead of you will be your coach.

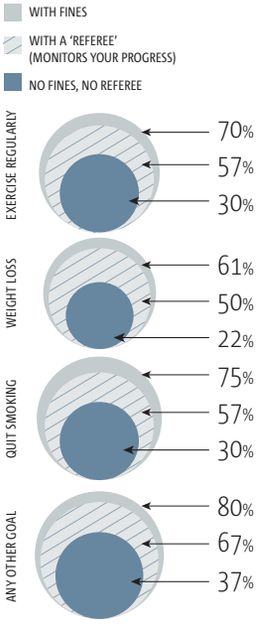
WEIGHTBOT
Here you can set your weight goal, record your weight, view your BMI and see your progress on a nifty iPhone graph.

QUITTER
This clever motivation iPhone app shows how far you've gone and how much money you've saved.

DRINKTRACKER
This app keeps track of your drinking habit using your iPhone and tells you when you have drunk enough.

LOSE WEIGHT OR PAY UP! SUCCESS RATES OF 'CONTRACT WEBSITES'

Stickk.com, a website created by Yale University economists, fines users $20 a week who sign a 24-week resolution contract but don't live up to it. And the stats show that money talks.



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Handset makers scurry to join 'Year of the Phablet'

Call it phablet, phonelet, tweener or super-smartphone, but the clunky mobile phone — closer in size to a tablet than the smartphone of a couple of years back — is here to stay.

A surprise hit of 2012, it is drawing in more users and more handset makers, and it's shaping the way we consume content.

"We expect 2013 to be the Year of the Phablet," said Neil Mawston, UK-based executive director of Strategy Analytics' global wireless practice.

While Samsung has blazed a trail with its once-mocked Galaxy Note devices, now other manufacturers are scurrying to catch up. At this week's Consumer Electronics Show in Las Vegas, Chinese telecommunications giants ZTE Corp and Huawei Technologies will launch their own.

ZTE, which collaborated with Italy's designer Stefano Giovannoni for the Nubia phablet, is scheduled to launch its 5-inch Grand S, while Huawei brings out the Ascend Mate, sporting a whopping 6.1-inch screen, making it only slightly smaller than Amazon's Kindle Fire.

Quoted: Phablet praise

"Phone size was a preconceived notion based on voice usage. Smaller was better until phones got smart."
JOHN BERNS, AN EXECUTIVE IN SINGAPORE

"In a way the phablet is not a bulky phone, but a very delicate computer."
HORACE DEDIU, A FINNISH ANALYST WHO RUNS THE TECHNOLOGY BLOG ASYMCO.COM

▶ Samsung Galaxy Note II

GETTY IMAGES

"Users have realized that a nearly 5-inch-screen smartphone isn't such a cumbersome device," said Joshua Flood, senior analyst at ABI Research in Britain.

Driving the phablet's shift to the mainstream is a confluence of trends. Users prefer larger screens because they are consuming more visual content on mobile devices than before and using them less for voice calls — the phablet's weak spot. And as Wi-Fi-only tablets become more popular, so has interest among commuters in devices that combine the best of both. **REUTERS**

News in brief

Apple tops 40 billion app downloads

Apple Inc.'s customers have downloaded more than 40 billion applications from the company's App Store, with almost half occurring last year as the use of smartphones and tablets surged. More than 2 billion apps were downloaded in December, setting a record, the company said yesterday, adding that it now has more than 775,000 apps available for its iPhone, iPad and iPod touch devices.

Apple is counting on apps to woo consumers who face an increasing array of lower-priced tablets from competitors. The growth in app store users from 435 million in September, as well as the surge in downloads from 35 billion in October "could help allay some recent demand concerns," Will Power, an analyst at Robert W. Baird & Co. wrote in a research report yesterday. **BLOOMBERG**

GETTY IMAGES

▶ "Buses have gone from a niche product to a national force," said Joseph Schwieterman, director of DePaul's Chaddick Institute for Metropolitan Development.

Megabus, BoltBus overcome stigma with cheap travel

A U.S. bus-transportation boom is accelerating as travelers ditch their cars and avoid airport security lines to buy cheap tickets on motor coaches with Wi-Fi. Bus transportation was again the fastest-growing form of U.S. intercity travel last year, with scheduled departures up 7.5 percent, the most in four years, according to a DePaul University study released yesterday.

Between 1980 and 2006, the industry declined an average of 2.9 percent a year. Since then, it's grown between 5.1 percent and 9.8 percent a year.

Discount companies like Megabus and BoltBus have benefited from a U.S. safety crackdown on Chinatown competitors, increasing their departures 31 percent last year. **BLOOMBERG**

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THE WORD

Dorothy Robinson's take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The big baby reveal: A celeb retrospective

How will we see Kim and Kanye's baby? We look at past celebrity babies for guidance

Upon the news that **Kim Kardashian** and **Kanye West** turned down a $3 million paycheck for the pictures of their baby from an overseas tabloid, The Word thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Lil' West.

Selling out (or not) to the highest bidder

Brad Pitt and **Angelina Jolie** are No. 1 in raking in cash from their offspring. In 2006, they got $4.1 million for pictures of their first biological daughter, **Shiloh**, and a whopping $14 million for their twins, **Knox Leon** and **Vivienne Marcheline**, in 2008. The saintly couple then donated the millions to charity.

This photo of Beyonce and Blue Ivy was published to Tumblr with this statement: "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives."

J.Lo and **Marc Anthony** pocketed $6 million from People for pictures of their twins, **Emme Maribel Muniz** and **Maximilian "Max" David Muniz**, in 2008.

However, **Beyonce** and **Jay-Z** eschewed a big payday and instead released photos of their daughter, **Blue Ivy,** to the public via Tumblr.

Of course, Kim and Kanye could not release photos of their baby (editor's note: hahahahaha!). Some stars who haven't publicized their recent offspring include **Adele**, **Ben Affleck** and **Jennifer Garner**, and **Anna Paquin** and **Stephen Moyer**.

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Paris Hilton is cleaning out her closets, Seth Rogen doesn't find "Homeland" completely believable, Tom Arnold doesn't want to be too inspiring and Kirstie Alley has made a new friend.

@ParisHilton
Spent the entire day going through all my closets again. My entire dining room is full of racks of clothes & boxes of handbags etc to donate

@Sethrogen
Abu Nazir's FaceTime works way better than my FaceTime ever has.

@TomArnold
The more screwed up the person the more inspirational their tweets.

@kirstiealley
What would a spider eat if he lives in an empty cabinet under the sink in a guest bath? I'd like to give him a little help..what human food?

Talking points

Kutcher's love spans time zones

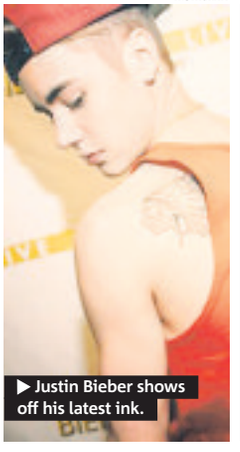
Ashton Kutcher's jet-setting relationship with **Mila Kunis** continues. After hitting up Kutcher's hometown of Cedar Rapids, Iowa, in late December, the pair reportedly spent the first weekend of the new year living it up in Rio de Janeiro, according to E! News. Kutcher and Kunis were

spotted at restaurant Mr. Lam in the company of Brazilian TV host Luciano Huck and other pals. Since the former "That '70s Show" co-stars started dating last year, they've spent more time on the road than at home in L.A., with lengthy stays in New York City and Rome.

Bieber's newest ink

Justin Bieber's tattoo obsession continues, with the 18-year-old Canadian pop star debuting yet another patch of ink via his Instagram account earlier this week. The piece, a profile of a Native American chief, is the logo for the Stratford Cullitons junior ice hockey team. "My grandfather always took me to the Stratford Culliton every Friday night," Bieber posted along with the photo. "This is for [you], Grampa."

INSTAGRAM



Justin Bieber shows off his latest ink.

The Wanted vs. One Direction

The boys in the Wanted are looking to throw down with One Direction to finally determine which is the better boy band. The only question is how to handle the confrontation. "It'd have to be a pub brawl, wouldn't it?" Wanted member **Jay McGuiness** tells the Daily Star. "And we wouldn't be doing any of that fancy fighting. It's not like we know kung fu or anything. We'd just do what boys do."

‘Justified’: Change is coming

Season 4 brings new faces — and new trouble Timothy Olyphant, star and executive producer of the FX drama, on the challenges facing his US marshal

A new partner in (fighting) crime
Comedian Patton Oswalt joins the cast as Constable Bob Sweeney, an old classmate of Raylan’s. “I wouldn’t call it a friendship; I’d call it a working relationship,” Olyphant says of the pairing.

On set, however, the alliance was much more chummy. “Patton Oswalt is money — I mean, that guy’s so good,” Olyphant says. “He makes it a little tough for me to get through a scene with a straight face and yet he’s so serious and fantastic.”

Raylan moonlights as a bounty hunter
The marshal who grew up with crooks has always tiptoed the line between being a “good” and “bad” guy. That line gets blurred when he illegally takes a side gig to earn extra money for the baby he’s about to have with his estranged ex-wife. “He seems to be walking right up to the edge now and then, and that’s kind of the fun of it — watching how close he can get to that without crossing,” Olyphant says of the lawman who bends the rules. “Others try to pin him down on who he is. ... Raylan refuses to allow that.”

▶ Timothy Olyphant stars as Raylan Givens on “Justified.” Season 4 premieres tonight at 10 on FX.
PRASHANT GUPTA/FX

And some things never change

As long as burgeoning crime boss Boyd Crowder (Walton Goggins) is around, Raylan is going to have his hands full in his hometown.

“You’re not going to get through the season without them hooking up,” Olyphant says of the show’s central antagonistic pair. “What we didn’t want to do is just keep it on the same scene over and over. We’re doing our best to try to keep the story both familiar but yet unexpected. Stay tuned.”

Raylan as a dad
Don’t expect to see this guy spending a lot of quality time with his child, for one reason: “Little kids on the set — they tend to be a pain,” Olyphant, a father of three, says. “And if they’re not, their parents are. So, I don’t see us having a kid on the show too much.”

Amber Ray
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TV watch list

‘Cougar Town’

COMEDY. The boozy sitcom has a new address — TBS picked up the series from ABC — but the same old cul de sac crew is up to their usual antics. Which is to say you can expect relatable hilarity to ensue from such things as Jules’ first week of marriage to Grayson not living up to her expectations. That, and copious amounts of wine. **Season premiere, 10 p.m., TBS**

‘Betty White’s Off Their Rockers’

COMEDY. With the help of a few celebrity friends — including Kim Kardashian and Psy in tonight’s Season 2 premiere — Betty White and her gang of elderly jokesters continue to prank the young folk. **Season premiere, 8 p.m., NBC**

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Lorr gets bent out of shape in new memoir

Benjamin Lorr takes on Bikram (the man and the practice) in his rollicking new book, 'Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga'

Benjamin Lorr's memoir on Bikram Yoga, "Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga" is a fascinating romp through the yoga world's most bizarre (it's very, very hot) and profitable subculture. We asked him a few questions about the book and if, after everything, he still practices (he does!).

Bikram 101

How do you describe Bikram?

Bikram Yoga is a series of 26 asanas performed at 105 degree heat and has wonderful therapeutic benefits. Bikram the man is a petty controlling hatha yoga master who designed the series. He lives in Beverly Hills surrounded by expensive cars, true believers and his own ever-increasing loneliness — which is, of course, why the book is such an interesting read.

Can you give us a little background on how you started Bikram Yoga?

I walked into my first studio overweight and injured — with little or no preconceptions about Bikram or yoga — and quickly fell into a daily practice that verged on the pharmacologically addictive. ... I would go on to lose 45 pounds over the first three months, reinvent myself into someone who regularly used 'juice' as a verb, and find myself surrounded by a community of otherwise normal-to-too-thin-looking people who were basically doing the same thing. It was weird and fantastic and so I decided I wanted to write a book to try and understand it all.

What do you say to people who think that Bikram is a hippie cult?

Does anyone still think of yoga as hippie anymore? It feels so overwhelmingly mainstream these days. Bikram Yoga in particular is just about 100 percent against everything I associate with hippies. Aside from attracting exceedingly type A individuals, it features using fossil fuels to add heat and a guru obsessed with money and gangsters, decked out in enough bling to give Kanye pause.

What was the craziest thing you discovered in your research and writing?

I'm not sure if this is "crazy" exactly, but watching just how well the guru, Bikram Choudhury, appeared to fit the profile of Narcissistic Personality Disorder raised my eyebrows the most. And this in a world where my eyebrows were constantly being elevated — be it from the people running out of the room to vomit, sobbing into their palms after a shattering class or telling the most amazing stories of how they used the yoga to transform their lives and heal.

Dorothy Robinson
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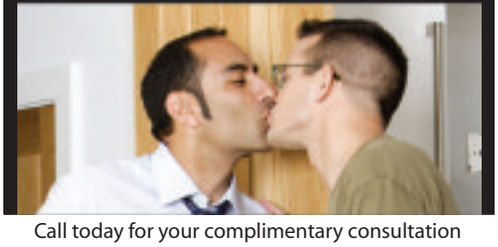

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Don't forget your sunscreen this winter

We often forget about sun damage during the winter, but the sun sure doesn't. Whether it's hidden behind sleeting rain or shining bright on a summer beach day, it can harm your skin, says Boston-based dermatologist Dr. Thomas Rohrer. He explains why.

Why do we need to wear sunscreen in the winter?
Basically, the skin really doesn't care if it's summer, winter, spring or fall — it just measures the cumulative amount of sun exposure that you have from the day you're born until the day you die, and it just keeps adding up. For a lot of the skin cancers, what happens is, as we get more and more sun, eventually one of our weaker cells reaches its limit and then forms a cancer, so whether you get that from walking to the car each day in the spring or sitting out on the beach for a couple hours in the summer, it really doesn't make a difference to the skin.

Does the sun hit you harder in the summer than it does during the winter?
There's still enough sun [in the winter] to cause damage. And for people who enjoy winter sports and are out on the snow, then the risk becomes even greater because we get a lot of reflection of the sun rays off the snow back up into the skin. If they're alpine skiing, then the sun is also a lot stronger up there, so skiers have to be vigilant about putting strong sunscreen on. If most people aren't out in the sun for very much time at all, sort of running between their car and their office, then just a daily moisturizer with an SPF 30 should be fine. You don't have to feel like you're burning to actually get burned or damage your skin. Anyone who skis a lot will tell you, "One of my worst sunburns was when I was skiing."

What's a high SPF, like 100, doing that a 15 isn't?
It's protecting your skin 100 times greater than your skin would be without it, whereas a 15 would be 15 times better. The problem is in those tests they put a ton of sunscreen on a very small area of skin and then test it. Nobody in real life uses that much, so we're not really getting an SPF of 15 or an SPF of 100; we're getting a lower SPF.

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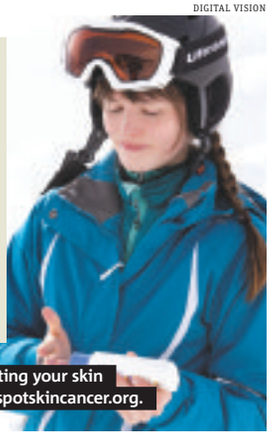
DIGITAL VISION



Q&A

What about on days when you can't even see the sun?
On cloudy days, some of the damaging rays of the sun go right through the clouds. [Using sunscreen] should just become a part of someone's daily skin-care routine.

▶ Learn more about protecting your skin at www.aad.org and www.spotskincancer.org.

Shop smart

How should you choose a bottle?

▶ Choose a sunscreen that provides broad-spectrum protection, which means it protects from both UVA and UVB rays. For daily moisturizer, a 30 is probably fine. If someone's going to be out in the sun, then we like the stronger ones. The key is to use a lot of it and reapply every two hours.

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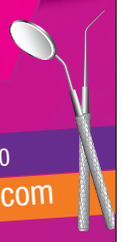

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Why your teen can't put down the junk food

It's because teen brains are conditioned to like it, says Dr. David Kessler, the former FDA Commissioner His new book wants to help young people break the cycle

Former FDA Commissioner David Kessler's 2009 best-seller, "The End of Overeating," introduced the thought that our eating habits are reinforced by the fat, sugar and salt pervasive in our diets. Now, he's speaking to the adults of tomorrow with "Your Food is Fooling You" to help teens learn the science behind their behavior and how they can change it.

Why write a book for young people?

The goal was to try to speak to them in a voice that doesn't talk down to them, that really tries to explain how they can protect themselves — to make sure that their neural circuits don't get adapted to wanting and responding to these cues. The goal was to give young people the tools so that their grown brains, these neural circuits, do not get adapted to this constant wanting and constant responding. Because once the neural circuits get laid down and you start responding to all of these cues, it's very hard to unlearn that behavior.

How are teens targeted by the food industry?

Just look at all the places you can buy food today. And not only that, look at the food. Much of the food is designed; it is made multisensory.

So what can we do about it?

The goal [of the book] is to explain how they can be in control, rather than the food industry. Much of the time, it's not that you're hungry. Much of the wanting is cue-induced that's automatic — that it's happening to us, it's not a conscious decision. [Ask yourself:] 'Is it real food, or is it just highly processed layers of fat, sugar and salt?' Being able to take charge is very powerful.

How can parents help their children get healthy?

There's no question that young people are, to a significant extent, limited by someone else making the choices. But young people do have an ability when they're going through the school lunch line, what they encourage their family to eat, what choices they make. You never get rid of that cue-induced wanting cycle. But you can focus it on what you want.

Will changes be made at the federal level?

The food industry will change when people change what they buy and what they want. Remember [with] tobacco, when kids came home and said, 'Mom, dad, please don't smoke?' Kids are a very powerful force.

▶ Dr. Kessler says that food cues are hard — but not impossible — to unlearn.

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Future of fat

Why is childhood obesity a bigger problem now?

We had this problem under control when I was growing up. Back then, there used to be certain boundaries of when we ate. What's changed in the last four or five decades? Three things: One is we've taken down the boundaries of when we eat. We made it socially acceptable to eat anytime. Second, there are more places where food is available all the time. You can't walk any more than 100 feet and not be stimulated with some food. And three, we made our food so highly processed and so layered and loaded with fat, sugar and salt — which makes it highly stimulating and is the reason why the cues are so powerful.

Meredith Engel
meredith.engel@metro.us

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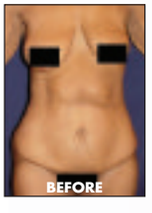

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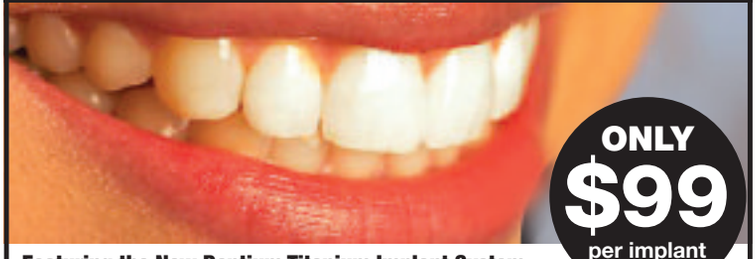

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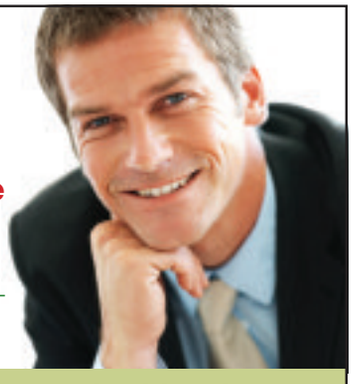

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Horoscope

♑ Capricorn **Dec. 22-Jan. 19.** It's important to be astute regarding touchy situations, because if you're not, you could easily allow yourself to be dominated by another. Don't let it happen.

♒ Aquarius **Jan. 20-Feb. 19.** Frivolous social pursuits should not be permitted to interfere with your more serious affairs. Put anything of that sort at the bottom of your agenda until you complete your duties.

♓ Pisces **Feb. 20-March 20.** When you are unable to achieve your objectives, don't look for scapegoats to blame. The fault will easily be traced back to you should you bite off more than you can chew.

♈ Aries **March 21-April 19.** If you're given important information to relay to another, don't trust it to memory. Your recall might not be as accurate as you think.

♉ Taurus **April 20-May 20.** It's important to prevent emotion from dominating your thinking. If you don't, what you let yourself believe about a financial matter might not be in line with reality.

♊ Gemini **May 21-June 20.** Do not let a reckless companion inspire you to act in a similar manner. If you should, together you might do something quite foolish and costly that you'll later regret.

♋ Cancer **June 21-July 22.** Some big problems could arise if you foist onto co-workers certain jobs that you should be taking care of yourself. Strive to be industrious instead of manipulative.

♌ Leo **July 23-Aug. 22.** Normally, you're a pretty good judge of people, yet your instincts could unexpectedly fail you. Unfortunately, you could place your trust in someone who has no intention of living up to it.

♍ Virgo **Aug. 23-Sept. 22.** IObjectives you establish for yourself are likely to be achieved. However, the targets you're striving to meet will turn out be of little consequence to you or anybody else.

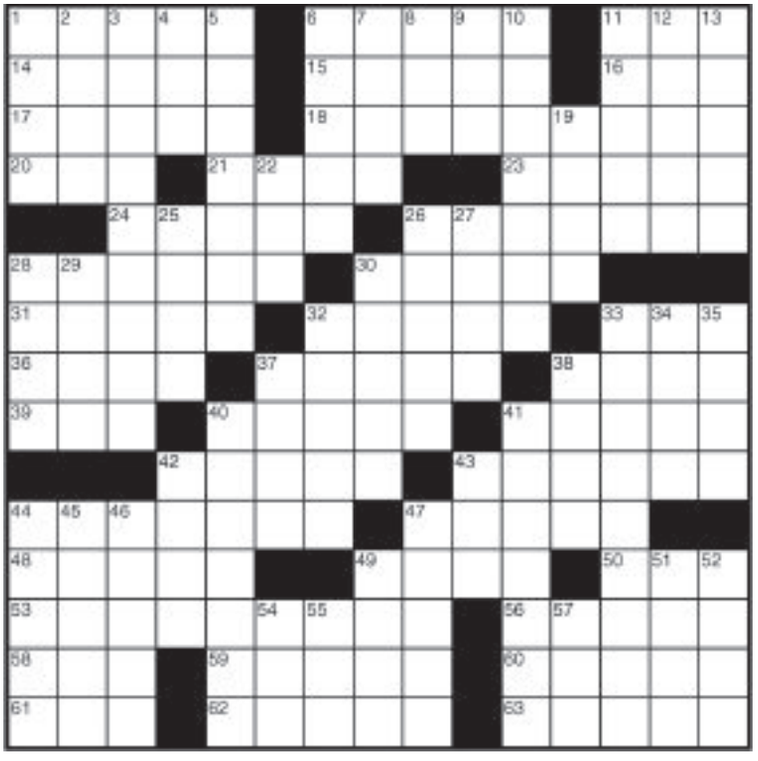
♎ Libra **Sept. 23-Oct. 23.** You might not be as mentally sharp as you think. It's one of those days when you should avoid trying to match wits with anyone who has lots of knowledge and expertise.

♏ Scorpio **Oct. 24-Nov. 22.** Guard against inclinations to count your chickens before they hatch. Be a little optimistic, but, first and foremost, let your common sense prevail.

♐ Sagittarius **Nov. 23-Dec. 21.** Try not to let your indifference put you in a position where you have no input in important decisions being made about your life. Others' thinking could easily work against you.

BERNICE BEDE OSOL

Solution to yesterday's crossword



Across
1 Fleece
6 Gun, in a cop show
11 Dept. head
14 Elf
15 Vast expanse
16 A Knute successor
17 Walk heavily
18 Pre-Bronze Age
20 Politico -- Landon
21 Cheryl or Alan
23 Lose it (2 wds.)
24 Energy sources
26 Tasted
28 Palms off
30 Spanish dons' cummerbunds
31 Quiz-show VIP
32 Painter of ballerinas
33 — vivant
36 Roulette color
37 "Star Wars" heavy
38 Brownish-purple
39 Slime
40 Subway patron
41 Nasty shocks
42 Fragrant perennial
43 Conversation starters
44 Yellow fruits
47 Chopped down
48 Like a good sentry
49 Batman creator
50 "Grand — Opry"
53 Cheered up (2 wds.)
56 Basked
58 Anderson Cooper's channel
59 Intern
60 Make corrections
61 "— Jude"
62 Cut drastically
63 Grubby

Down
1 Pet lovers' gp.
2 Knoll
3 Type of board member (2 wds.)
4 Intention
5 Well-stocked
6 Swimming holes
7 Treated a sprain
8 Want-ad letters
9 Baseball's — Ripken
10 Riddles
11 Taj —
12 Bellyache
13 Hurried
19 T's and tubes
22 Unser and Gore
25 Software buyer
26 More judicious
27 Cracked
28 — shui
29 Melville title
30 UPS competitor
32 Lower wall panels
33 Shovel successor
34 Eight, to Caesar
35 Gangbuster Eliot —
37 "Home Again" host Bob
38 End of the Earth
40 Beats
41 Richly adorned
42 Place for picnics
43 Farm flapper
44 Quilting square
45 By oneself
46 Many-petaled blossom
47 Door in a plane
49 Mr. Kristofferson
51 Gave temporarily
52 Dust devil
54 Scaleless fish
55 Oklahoma town
57 Left Bank pal

Letters

Let's adopt China's global approach

RE: "MEASURE TWICE, CUT — WELL, A LOT" (METRO, JAN. 7) The U.S. officially will spend $700 billion this year on military. If all areas of associated expenditures could be counted (space, nuclear, electronic, off-budget wars, etc.), $1 trillion could be more accurate. The U.S. easily accounts for half of the world's military expenditures while it has only 3 percent of the world's population? Such expenditures could not be accomplished without depriving its own population of standard advanced country benefits. The next highest spending country is China. It should be noted that China adequately defends its interests in the world while spending just about $100 billion.

LEWIS WALSH, VIA E-MAIL

"The young of this country should be panicked at the inability of the federal government to reduce spending while — with this administration's failed economic policies — about 15 percent of the population is on food stamps."

RON FALCON, VIA E-MAIL

Obama: The way to world peace

What is the best way to achieve world peace? With President Obama's inaugural ceremony right around the corner, scholars will propose what the president should do, indirectly answering the question above. As a Muslim-American, I want to first congratulate the president on his reelection and pray that he will lead the nation effectively during his second term. I think that the President has — domestically — done a good job. Among many things, he has had a congenial attitude towards Islam. Even though he has been called a Muslim, he has never portrayed Islam negatively. However, I wish the president applied the same level of fairness abroad. For example, the Guantanamo Bay Prison is still in operation. So, the question: What is the best way to achieve world peace? Absolute justice.

TASEER BHATTI, VIA E-MAIL

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5	4	2				7	6	8
	7	1						
	1	6			3			
4	5		8	2				
		3			6		9	

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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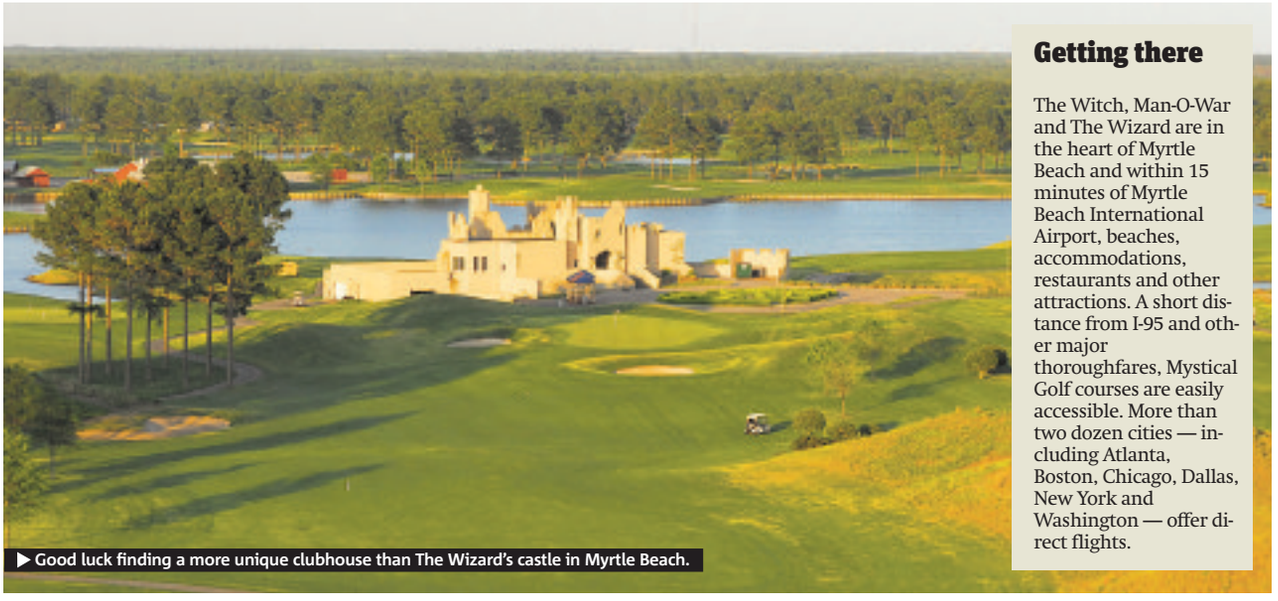
Golf in Myrtle Beach, with a Mystical touch



▶ Good luck finding a more unique clubhouse than The Wizard's castle in Myrtle Beach.

Getting there

The Witch, Man-O-War and The Wizard are in the heart of Myrtle Beach and within 15 minutes of Myrtle Beach International Airport, beaches, accommodations, restaurants and other attractions. A short distance from I-95 and other major thoroughfares, Mystical Golf courses are easily accessible. More than two dozen cities — including Atlanta, Boston, Chicago, Dallas, New York and Washington — offer direct flights.

After a recent visit, Mystical Golf's trifecta of Myrtle Beach courses — The Witch, Man-O-War and The Wizard — now holds the pole position on my golf vacation radar. Why? The three Dan Maples' designs are flat-out superb, the maintenance is country club-good and the price is reasonable — especially the stay-and-play packages.

Though Man-O-War and The Wizard are adjacent and The Witch is 10 minutes away, each course is a golf universe unto itself.

The Witch is Myrtle Beach golf at its finest with many tricks up her devious sleeve as 500 acres of tranquil cypress groves and wetlands provide plenty of hazards due to Mother Nature. Strategy is rewarded as the par-71, 6,702-yard layout is an SAT test of the ancient game.

Muscular Man-O-War is soothed by a 100-acre lake on its edge. This is a study in water management as H2O touches every hole The par-72, 6,967-yard Man-O-War intrigues with its spectacular (and rare) back-to-back island greens on 13 and 14.

The Wizard is as Scottish as haggis with bumps, hollows, mounds, swales and sod-faced bunkers. The welcoming old-world, castle clubhouse is the most unique 19th hole you'll find.

Myrtle Beach is also second to none when it comes to post-round fun, with dining locales for every palate and pocketbook. Don't miss Greg Norman's Australian Grille, a fine-dining spot at Barefoot Landing. Meanwhile, the Murrells Inlet Marsh Walk — a half-mile stretch of seven fun dining and entertainment establishments — is another "must."

Philip Irons
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NHL EASTERN CONFERENCE PREVIEW

East led by Crosby, familiar suspects

Think back to before hockey-related revenue, variance and disclaimer of interest replaced goals, saves and absurdly short John Tortorella press conferences in the lexicon of NHL fans.

Do you remember when they actually played hockey?

The Los Angeles Kings authored the franchise's first Stanley Cup. The Devils reached the finals despite not having home-ice advantage in any of their three Eastern Conference playoff series. And the Rangers won the Atlantic Division and Eastern Conference regular-season championship for the first time since 1993-94.

The lockout should officially be over within a day or two — the votes to approve the collective bargaining agreements by both sides should take place over the next two days — and training camps will likely open on Saturday. The season will start as soon as Jan. 19, a week later.

Before training camps open, Metro breaks down the Eastern and Western Conferences, starting with our picks for how the East will finish, including Sidney Crosby at the top and the Rangers descending from 2012.

Denis Gorman
sports@metro.us

1 Penguins
Call 2012 a painful lesson learned. The Penguins entered the playoffs as the prohibitive favorite to win, but exited after a six-game, first-round loss to the in-state rival Flyers. They did add Brandon Sutter to help on defense.

2 Bruins
The biggest question about the Bruins is goaltending. When Tim Thomas announced his retirement, it forced Tuukka Rask to the No. 1 spot. He's done well in reserve, but can he be the goaltender for a Cup-winning team?

3 Hurricanes
GM Jim Rutherford traded for Penguins center Jordan Staal at the draft and subsequently agreed to terms to a $60 million extension. Rutherford also signed left wing Alex Semin (one year, $7 million) and defenseman Joe Corvo.

4 Rangers
On Memorial Day, head coach John Tortorella said the Rangers "have to continue to improve as an organization, not just skill but all throughout." Fifty-six days later, GM Glen Sather landed sniper Rick Nash from Columbus.

5 Flyers
Among the NHL's most explosive teams, the Flyers have very real concerns with their defense corps and goaltending. Expect the Flyers to exercise their compliance buyout on Ilya Bryzgalov if the goaltender struggles as he did last season.

6 Lightning
Goaltending — or the lack thereof — kept the Lightning out of the playoffs last spring. Rather than relying on Steven Stamkos and Martin St. Louis to outscore opponents, they traded three picks to Nashville for goaltender Anders Lindback.

7 Senators
The Senators caught the NHL by surprise in 2011-12. That won't happen this year, not coming off a playoff appearance and with the reigning Norris Trophy winner in Erik Karlsson on their team. They gave the Rangers a tough playoff series.

8 Capitals
The Capitals aren't entering this season as a model of stability. Adam Oates is the third head coach in 14 months. It'll be interesting to see the reaction of teammates to Roman Hamrlik and Michal Neuvirth, who both criticized the NHLPA during the lockout.

9 Panthers
Much of last year's playoff berth had to do with the Panthers winning the moribund Southeast Division. Florida is well-positioned for the future, but the Hurricanes, Lightning and Capitals all look to be better this year.

The rest ...

- **10. Devils** Last year's Cup representatives lost Zach Parise.
- **11. Sabres** Can Ryan Miller play more like two years ago?
- **12. Canadiens** They hired a new coach, GM and front office.
- **13. Maple Leafs** Total overhaul here.
- **14. Jets** Good, young core.
- **15. Islanders** Brooklyn is coming.

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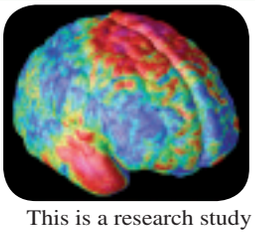

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- Changes in eating habits

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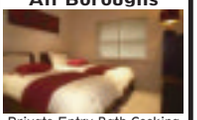

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